

MULTI-POSITION HEAD RESTRAINT**Abstract of the Disclosure**

An automotive seat includes a seat cushion, a seat back, and a multi-position head restraint mounted to the seat back that is moveable between a deployed position and a retracted position. The seat assembly is characterized by a control mechanism mounted within the head restraint that allows the head restraint to be easily movable between the deployed and retracted positions. The control mechanism allows the passenger to place the head restraint in the retracted position by pushing down on the head restraint when the head restraint is in the deployed position. The passenger simply uses an actuation lever of the control mechanism to place the head restraint in the deployed position when the head restraint is in the retracted position.

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